



Study Skills & Test-Taking

Chapter: Study Skills & Test-Taking Strategies

Teach students HOW to learn and test.

Active recall - Self-quizzing beats re-reading.

Spaced practice - Short sessions over many days beat cramming.

Teach it - Explaining to someone else cements learning.

Test strategy - Read fully, eliminate wrong answers, manage time, answer everything.

Never blank - A blank is always wrong.

Anxiety - Preparation plus breathing, sleep, and arriving early.